

## April

International IBS Awareness Month (1-30)

Bowel Cancer Awareness Month (1-30)

World Autism Awareness Day (1)

World Physical Activity Day (6)

World Health Day (7)

Cystic fibrosis Week (11-17)

Parkinson's Awareness Week (18-24)

Depression Awareness Week (18-24)

World Malaria Day (25)

Immunization Week (25-30)

Allergy Awareness Week (25 Apr - 1 May)

MS Awareness Week (26 Apr - 1 May)

## May

National Walking Month (1-31)

Action on Stroke Month (1-31)

Deaf Awareness Week (2-8)

World Asthma Day (3)

Global Hand Hygiene Day (5)

Food Allergy and Food Intolerance Week (8-14)

Sun Awareness Week (9-16)

Dying Matters Week (9-15)

Move for Health' Day (10)

International Fibromyalgia Awareness Day (12)

Dementia Awareness Week (15-21)

National Smile Month (16 May - 16 June)

Mental Health Awareness Week (16-22)

World No Tobacco Day (31)

## June

Motor Neurone Disease (MND) Awareness Month (1-30)

SANDS (Stillbirth and Neonatal Death Society) Awareness Month (1-30)

National Osteoporosis Month (1-30)

Volunteers' Week (1-7)

British Heart Week (7-15)

Carers' Week (6-12)

National Bike Week (11-19)

Diabetes Week (12-18)

Breathe Easy Week (13-19)

National Men's Health week (13-19)

Cervical Screening Awareness Week (13-19)

World Blood Donor day (14)

Water Safety Awareness Week/ Drowning prevention week (18-26)

## July

Group B Strep Awareness Month (1-31)

Sickle Cell Awareness Month (1-31)

National Childhood Obesity week (4-10)

24/7 Samaritans Awareness Day (24)

World Hepatitis Day(28)

International day of friendship (30)

## August

World Breast Feeding Week (1-7)

International Youth Day (12)

World Water Week (28 Aug - 2 Sept)

## September

Blue September - male cancer (1-30)

Childhood Cancer Awareness Month (1-30)

World Alzheimer's Month (1-30)

Migraine Awareness Week (5-10)

World Suicide Prevention Day (10)

National Eczema Week (12-20)

Sexual Health Week (12-18)

Know Your Numbers! (National Blood Pressure Testing Awareness Week) (12-18)

Meningitis Awareness Week (14-20)

World Alzheimer's Day (20)

National Eye Health Week (19-25)

World Heart Day (29)

International Day of Older Persons (30)

### 'At a Glance' - Health Observances list April to September 2016



**East Belfast  
Community  
Development  
Agency**

**\*This calendar is to be used as a guide. This calendar is produced several months before many events take place. Whilst every care is taken to ensure the accuracy of the information it must be pointed out that, occasionally, the dates for events may be changed. It is the responsibility of calendar users to check the details of events they wish to support.**